

Better Processed Snack Brands

Enlightened Bada Bean Bada Boom

1 bag = ½ protein choice + 1 moderate-glycemic choice



- Crunchy broad bean snacks
- Available in sea salt, mesquite BBQ, sweet sriracha, garlic & onion, buffalo wing, nacho cheese, jalapeño popper, zesty ranch, sweet onion & mustard, everything bagel, spicy wasabi, cocoa dusted, and sweet cinnamon flavors

Schoolyard Snacks

1 bag = 1 protein



- Sugar-free, grain-free cereal and cheese puffs
- Cereal available in peanut butter, cocoa, fruity, cinnamon bun, cookies & cream, berries, and apple pie flavors
- Cheese puffs available in cheddar cheese and flaming hot flavors

Shrewd Food Protein Puffs

1 bag = 1 protein



- Crunchy protein puffs
- Available in brick oven pizza, baked cheddar, sriracha cheddar, nacho cheese, sour cream & onion, strawberries & cream, and cookies & cream flavors

Quest Nutrition Protein Chips

1 bag = 1 protein



- Protein-based “tortilla” and “potato” style chips
- Available in spicy sweet chili, sour cream & onion, BBQ, loaded taco, chili lime, nacho cheese, cheddar & sour cream, flavors

Better Brands for Processed Snack Foods

Moon Cheese

1 ounce = 1 protein + 1 fat



- Crispy dehydrated cheese bites
- Available in cheddar, white cheddar, gouda, pepper jack, cheddar bacon, and garlic parmesan flavors

The Good Bean Crunchy Chickpeas

1 ounce = ½ protein + 1 moderate-glycemic choice



- Crunchy roasted chickpeas
- Available in sea salt, classic hummus, sweet sriracha, and chili lime flavors

Saffron Road Crunchy Chickpeas

1/4 cup = ½ protein + 1 moderate-glycemic choice



- Crunchy roasted chickpeas
- Available in Bombay spice, buffalo, sea salt & cracked pepper, toasted coconut, chipotle, falafel, Korean BBQ, sea salt, and wasabi flavors

Lesser Evil Egg White Curls

1 ounce (14 curls) = ½ protein + 1 moderate glycemic choice



- Grain-free “cheese curl” style puff made with cassava flour and egg whites
- Available in Himalayan pink salt, egg & cheese, and huevos rancheros flavors

Better Brands for Processed Snack Foods

Biena Chickpea Puffs

1 ounce = ½ protein + ½ moderate glycemic choice + 1 fat



- Grain-free puff made with chickpea flour
- Available in aged white cheddar, vegan ranch, and blazin' hot flavors

Hippeas Tortilla Chips

1 ounce = 1 fat + 1 moderate-glycemic choice



- Tortilla-style chips made from chickpea flour – *best served with hummus for protein!*
- Available in sea salt, jalapeño vegan cheddar, and rockin' ranch flavors

Kashi Go (Cereal/Granola)

½ cup = ½ protein + 1 high-glycemic choice



- High-fiber, higher protein cereal or granola – *best served over low-sugar Greek yogurt or with Fairlife milk for protein!*
- Available in original, cinnamon, toasted berry crisp, peanut butter, chocolate, honey almond flax, maple brown sugar, and coconut almond

Built Bar

1 bar = 1 protein + 1 moderate glycemic choice



- Whey-based protein bar, sweetened with erythritol, with a "candy bar-like" marshmallow nougat center and real chocolate coating
- Available in 15+ fruit-, nut-, cake-, and chocolate-based flavors

Better Brands for Processed Snack Foods

Pizootz Peanuts

1 ounce = ½ protein + 1 fat



- Brined and dry-roasted seasoned peanuts
- Available in sea salt, inferno, habanero, Baja taco, dill pickle, salt & vinegar, bay spice, jalapeño, buffalo, and salt & pepper flavors

SuperSeedz Pumpkin Seeds

1 ounce = ½ protein + 1 fat



- Seasoned pumpkin seeds
- Available in sea salt, cinnamon sugar, and somewhat spicy flavors

Go Raw Sprouted Seeds

1 ounce = ½ protein + 1 fat



- Sprouted and seasoned pumpkin and sunflower seeds
- Available in sea salt, unsalted, spicy fiesta, and salt & vinegar flavors

Mary's Gone Crackers

13 crackers = 1 high-glycemic choice

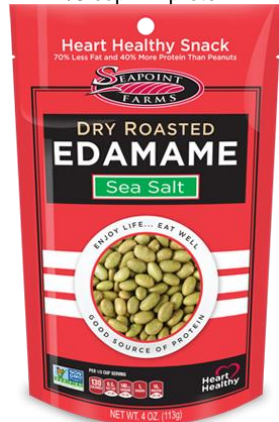


- Gluten-free whole grain crackers – *best served with cheese, chicken/tuna salad, or hummus for protein and fat!*
- Available in original, herb, jalapeño, and black pepper flavors

Better Brands for Processed Snack Foods

Seapoint Farms Edamame

1/3 cup = 1 protein



- Dry roasted and seasoned edamame (soybeans)
- Available in sea salt and wasabi flavors

Brami Lupini Beans

1/2 cup = 1 protein



- Salty and savory marinated lupini beans – *high in sodium, enjoy in moderation!*
- Available in salt & vinegar, chili lime, garlic & rosemary, balsamic & oregano, and hot chili pepper flavors

RX Bar Nut Butters

1 packet = 1/2 protein + 1 fat



- Pre-portioned, portable almond and peanut butters with extra protein from egg whites
- Almond butter available in original, coconut, vanilla almond, and maple flavors
- Peanut butter available in original, chocolate, honey cinnamon, and pumpkin spice flavors

Simple Mills Crackers

17 crackers = 1 high-glycemic choice + 1 fat



- Almond flour-based crackers with minimal other ingredients
- Available in sea salt, salt & pepper, cheddar, rosemary, BBQ cheddar, and sun-dried tomato basil flavors

Better Brands for Processed Snack Foods

The New Primal Snack Mates

Kids Jerky

1 package = 1 protein



- Meat sticks and jerky bites made with grass-fed and grass-finished beef or free-range turkey and chicken
- Available in turkey & cranberry, beef & cherry, turkey, and maple chicken flavors

Perfect Kids Bar

1 bar = ½ protein + ½ high-glycemic choice + 1 fat



- Mini nutrition bar made with a nut butter base
- Available in chocolate chip and peanut butter cookie flavors

BeyondChipz Torpillas

13 chips = 1 protein + 1 fat



- Pea protein and coconut flour-based “tortilla” style chips
- Available in original, ranch, cheddar, Italian herb, lemon, sea salt, and onion flavors

Lundberg Thin Stackers Rice Cakes

4 rice cakes = 1 high-glycemic choice



- Thin, crispy rice cakes made from organic brown rice – *best topped with your favorite protein food!*
- Available in unsalted, lightly salted, basil & thyme, red rice & quinoa, 5 grain, and black pepper flavors